



Mike Groves 10k - Sunday 6th June 2021

UKA Licence No 2019-36909

Course Measurement Certificate No 20-010

IMPORTANT COVID SAFETY INFORMATION

***** PLEASE READ *****

NB This is a Socially Distanced Race

Due to the current Covid restrictions, this event has been organised in a Covid-secure environment. This means that there are certain restrictions and changes to what you would normally expect at this event. These are explained in the sections below. For everyone's safety you **must** strictly follow the rules. No exceptions will be made for any reason.

Spectators are not allowed at this event. Only runners will be permitted to enter the Scottow Enterprise Park (SEP). Anyone seen entering the area with non-participating family members or friends will be asked to leave.

Covid Symptoms

If you have any Covid-19 symptoms, YOU MUST NOT ATTEND.

These are currently recognised as:

- a high temperature
- a new, continuous cough
- a loss of, or change to, your sense of smell or taste

Refreshments and Water

In line with current UKA guidance there will not be any water stations on the route. **Please bring your own drink and carry it with you if you will need to hydrate during the race.** Water in bottles will be provided at the end of the race.

Masks

All participants must wear a mask before they start (unless exempt) and observe social distancing at all times. Runners can discard masks into the provided bin after crossing the start line. Please note that marshals will not be asked to enforce this rule, but we will rely on individuals to follow the current guidelines.

Is there a bag drop or changing?

In line with our Covid-19 risk mitigation plan, we do not have a bag drop or changing. Please arrive at the start line ready to race and leave all unnecessary belongings in your car. Cars, and items they contain, are left at your own risk, but the carpark will be marshalled continuously throughout the race.

Where can I warm up?

There should be plenty of space at the far end of the car park for strides/sprints etc. As we are starting in waves the car park will not get full.

The Mike Groves 10K 2021 race takes place at Scottow Enterprise Park (SEP), Lamas Road, Badersfield, NR10 5FB located at the former RAF Coltishall airbase. If using a sat-nav the postcode NR10 5JR will get you to the site more reliably. If you use What3Words the square for the entrance is identified by “reaction.northward.cuddling”.

To reach the Park, please take the B1150 through Coltishall continuing towards North Walsham turning left onto Scottow Road just past the rugby club. After a couple of miles turn left, signposted Badersfield, then left onto the base which will be signed and marshalled. The route will be signposted from Coltishall with black & yellow “Jaguars’ Race” signs.

Once at the SEP follow the signs along Main Drive to the parking area. **NB Race parking is inside the course and due to start waves you will probably need to drive across the running line while it is in use, both when you arrive and if leaving before the end of the race. Traffic marshals will control access and get everyone in and out of the site as quickly and safely as possible. You must adhere to their instructions.**

Disabled parking is available close to Race HQ; if you need to use this, please turn left just before you reach the hangars and drive along this road towards the start area.

Marshals will point you towards the JavaBean cafe for the start. Ample toilets are located close to the headquarters. Please only use these facilities, and do not go for a “wild wee” anywhere on the base!

Please aim to arrive in good time for your start wave to give yourself plenty of time to park and get to the start area.

Please attach your number securely to the front of your vest and make sure it is clearly visible. It is very important that you complete the medical and emergency contact details on the back of your number.

The course is mainly on the old perimeter track and is mostly very wide but the distance has been measured along the most direct and shortest possible route. **NB the course is located on left of the road only to allow vehicular access. Please follow instructions from our marshals and do not use the right-hand side of the track or you will be short of the measured 10k.**

Headphones of any sort, including bone conducting ones, are not permitted during the race and anyone seen wearing them will be excluded from the results.

Each finisher will receive a medal. Awards will be decided (and ordered) after the race and arrangements made to get them to the rightful recipient as soon as they are received. The awards are -

- The first male and first female wheelchair athletes and the first three male and the first three female runners
- The first male and the first female in the following age groups 15 -18; 19-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70+
- The first senior and veteran male and female teams (top 3 to score)

NB All prizes will be based on chip to chip times. Winners of the first three placings are not eligible for age group prizes.

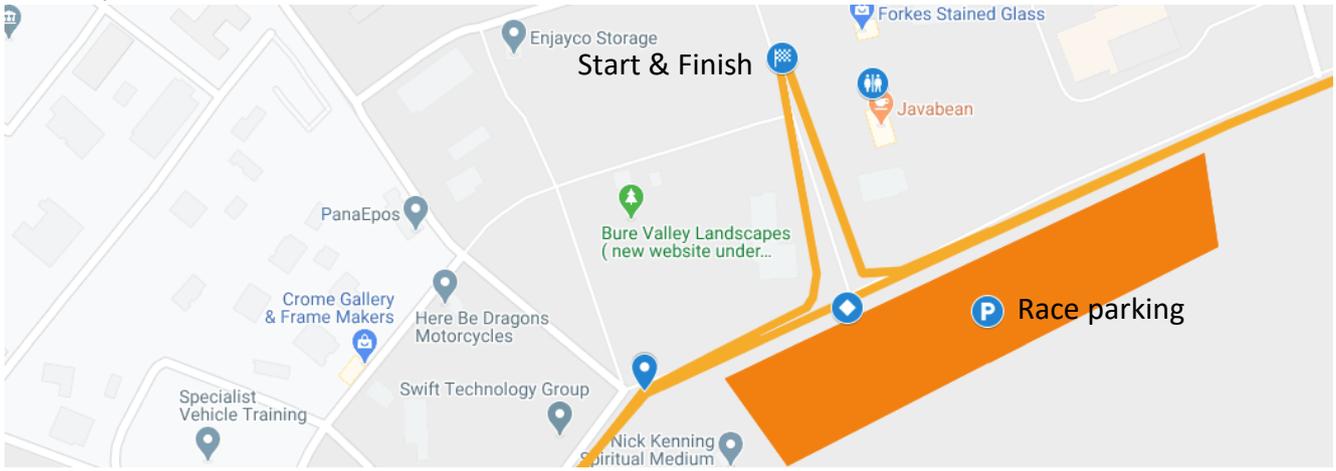
Our race adjudicator is Bobbie Sauerzapf.

Medical support is provided at all 2021 Jaguars races by MedPTS.

If we can be of any assistance whatsoever, please contact:

Paul Taylor (Race Director) 07875 543281 / races@coltishalljaguars.co.uk or message me on the series page on Facebook: - <https://www.facebook.com/jaguars10kseries/>

Event layout



Course Map. This is a 2 lap course.

